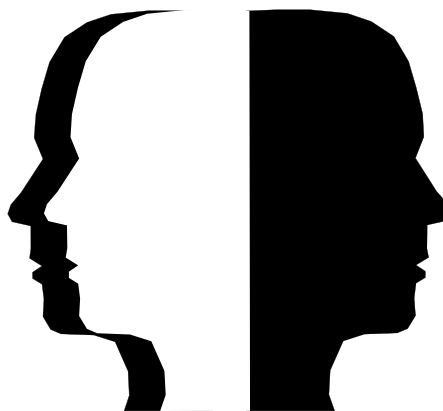


Know Thyself



Doing a good self-assessment is crucial to finding the right career. In fact, **it is the most important part of the entire process.** So it should not be cut short or brushed aside. A good self-assessment involves gathering information about yourself, truly understanding yourself, and being honest with yourself. Once you really know yourself, you can compare this knowledge with the many different career choices suitable for you.

Here's How:

- First, identify your personality type, or Holland type. Follow the procedure on pages 12 and 13 to determine which type you are. Remember, no type is “better” than another—they all have positive and negative characteristics. The point is to be completely honest and find out which type you are, not what you or someone else thinks you “ought” to be.
- Second, identify your skills (see pages 14 & 15 for help with this task) and list your accomplishments.
- Third, clarify your values and prioritize your needs. Your basic beliefs and values need to be reflected in the career you choose. You cannot be happy doing something day in and day out that forces you to violate your own values. Be honest about yourself, with yourself. How much responsibility are you willing to take? Are you committed to doing what is necessary to get the career you want?
- Finally, focus your career planning on the occupations in the Career Chart (pages 36-59) that are listed under your personality, or Holland, type.

Self-assessment takes time and effort. But it will start paying off right away as you gain self-awareness, improve your self-confidence, learn time and stress management techniques that work for your personality type and develop self-management skills. But it will really pay off in the long run, in having a satisfying and rewarding career that fits comfortably with the rest of your life.

Remember, you are the one who will decide what career you end up with—either by choosing to work at it or by choosing to let things just happen to you at random. One path leads to happiness in your work and in your life. The other leads to frustration and unhappiness, and only you can decide which path you take.

For more information:

http://www.learning4liferesources.com/holland_codes.html

<http://www.assessment.com/>

<http://www.help-yourself.com/Values/>

<http://www.2h.com/personality-tests.html>

<http://web.mit.edu/career/www/workshops/finding/ValuesEx.html>